

Y 12  
7395  
F 15

Winds were doors &c

Horse - Chin - Chin - Chin

old Roman rule of animals  
lives.

truders changes huddled. - ch<sup>d</sup> situations  
near the sea  
best - his retired by agitation of sea. his most  
Jame ~~at~~ sea - next near it - next interior &  
next marshy countries - appetite varied with it.  
Dyne died at 85 <sup>th</sup> Whalleyport in Ireland - lived <sup>th</sup>  
open windows & doors; - Cold was equal - he  
said he house healthy where a dog could not get  
under door, and a bird at window. - p: 123

Less mortality at sea than in health Country  
Cock.

Right his life unwholesome in cities than countries  
less Carbon Acid inhaled. - p: 127

When wet - add salt to water instead of <sup>th</sup> salt water.  
Porti - Sailors don't get cold when wet <sup>th</sup> salt water.

Chivary in Celler. widow. Shutter closed.  
Rats sent to force. Charliers - were a  
fearful them - for this purpose.  
Pursuing apples - out of Lamps - fifth from  
Yard - long pen  
whole



lives - rats & including the mice & of cleanliness  
 as live so persons - they are the life of our  
 farms & houses. on open - no halfway. Discontaining  
 I remain within completely warm house in health  
 I warm after night.

After the  
 finished

- 1 1st floor - living, dining, 2 1st floor water in
  - 1 fire place - 2nd floor
  - 11 Coolness. 1st floor 3 green wood
  - 1 2nd floor - 4 1st floor of the wood
  - 2 near chimney -
  - 3 Closing windows & in daytime.
  - 4 2nd floor - 1st floor -
  - 5 near ground.
- Chambers

- 1 Pinks.
- 2 Kitchen offals & yard offals - bags.
- 3 Bed Chambers

4 Dirty linen  
 5 part of D. Swift - Chambers & inwards bags  
 as the danger to health arise from & from  
 of Chimneys & to health from opening windows.  
 Chimneys - as danger to life from fires -  
 how prevented - from them.

Some very bread - some butter - some  
 coffee - Quantity - Cherry - all  
 under Quantity.



Air I have treated of cold heat -

Cold - heat exhalations - Churches - Sun  
Action in it - ~~Churches~~ <sup>funerals</sup>; Cold opens fire  
mustard cataplasms 6 to one - butter & rubbing  
or water bottle. partial cold Bath - Inf. ~~Therms~~  
Omitted - only when warm -

some water <sup>particulars</sup>  
Digestion to much

Tries as in Russia no Chimneys.

Dress. Woolen - Cotton - Linen Silk.  
Rumford's tables - wool best - <sup>old quality - Jamaica</sup> practice  
1 Loose. Roman garments. - a great  
improvement Cherry Vallis. Lin: changed often  
work. Cotton intermediate - wet to be avoided -  
2 Change with the weather not season only.  
Chinese practice. 3 Feet how protected. Head D? -  
in summer & winter - from sports broad hats cov? -  
high crown hats. Two shirts. <sup>best</sup> <sup>reputed Ind. saying.</sup>  
Child. Old men - women -

Beds - ~~made up~~ & feather bed - down covering -  
night Cap - Old men blankets -  
women - Child Labourers - ~~Various~~  
men - best weather last Currier's machine



Mind

had chuat<sup>n</sup> grain<sup>n</sup> sitting &c

Diets & Drinks.  
He does not ~~enjoy~~ know all <sup>pleasures</sup> ~~of~~ <sup>the</sup> ~~bliss~~  
of eating who does <sup>not</sup> ~~disput~~ now others from <sup>his</sup> ~~the~~  
old <sup>habits</sup> quantity of food, & he does not know the  
pleasure of a feast who fares sumptuously  
every day.

Our lawless charge - &c  
more more destroyed by single coat buff in  
Eng<sup>d</sup> from quantity than ragouts in France.  
unprov<sup>d</sup> Beer - Boozhous fast - Frenchman's  
roll -  
wet fluffs & sheets  
wiper parents women

Perinus licitis - under quantity  
of food.  
Some forbid bread - Coffee Butter &c &c -  
but quantity to be forbidden.



## Diet - food & Drinks

Highlanders at Rannach before 1745 were  
so poor as to bleed y<sup>e</sup> cows for y<sup>e</sup> blood.  
p. 125 -

Great milk best substitute for women's.

Give this: "plenty of milk - flannel  
to make them healthy" In winter

Liquids food as milk & y<sup>e</sup> solids - thirst intended for y<sup>e</sup>  
and saliva & gastric juice. Tobacco &c -

Good water known by 1. no spot on Copper. 2 healthy  
Animals near them. 3 will beg soon. 4 are light.  
5 dissolve soap. 6 no smell. 7 soon receives taste  
Smells &c. 8 fierce w<sup>th</sup> difficulty 9 - soon hot & cold.  
10 verdant on its banks. 11 water crisp & water

variegated on D? 12 plenty of good fish.

Pure water holds in solution  $\frac{1}{28}$  of Atmos. Air &  
a cubic inch of Carb. Gas in 100 Cubic inches.

Much known on this subject - hard water  
not unwholesome - most people live on y<sup>e</sup> -  
perhaps like Air but compounded with  
carb. matter & earthy.



Old men  
Dress neatly  
eat by themselves  
mum - on  
must be better  
than beer.  
Spirits in  
shut hearts

Slaps  
Slaps - under  
hurry on  
Chap de for

149. 10. 0

Old people  
under mind.

run Beer  
best. - see  
Boerhaave

169.  
cold Bath  
wash feet.

Mary

---

400.	98
50	
15	34
4	25
70	

---

549.	57
------	----

---

John

Leve



Rain water best in winter & spring - no matter  
in air. Snow water not good from want of air -  
fish cant live in it. Deep water pure from wells -  
a parish sickly from bad water, made healthy by it  
Linn<sup>2</sup> p. 248 vol. 1

Worms - Insects & animalcules in marsh water  
killed by Boerhaave. -

Meat preserved in charcoal.

Milk - sugar prevents its curdling.

Condyphine Cream thus made. Put milk in  
a vessel & thrust it in warm water till it ferments.  
Then separate the cream thro' a hole in the  
vessel. put the rest into a churn & churn it  
till it becomes sour. is eaten w<sup>th</sup> sugar.

Better milk - best when made of milk w<sup>th</sup>

Chesny ports in it. Irish is thus made.  
milk preferred by all nations in a state of acidity.

Diluted milk better than Skimmed.

Burgers - thick gruel eaten w<sup>th</sup> molasses.

Toasted water made with boiling water &



Roasted bread - excellent in sickness & at meals.  
(white & yolk)  
an egg makes a substitute for cream.

Coffee sh<sup>d</sup>. be kept at a dist<sup>ce</sup> from all other  
kinds: -  
Chocolate made w<sup>th</sup> flour - or sugar - or eggs or  
milk. -

Barley broth. Boil a tea cupful - water gallon  
boil half an hour - then add ~~lean~~ Beef & Bay  
or a truck of mutton, some Carrots or turnips  
cut small - & of green peas - & some various;  
boil gently 2 hours longer.  
Salt water mixed w<sup>th</sup> wine by the ancients - dis<sup>c</sup>

by a fraud in Philip's want.  
Wine & water for most intoxicates. Sipping port<sup>se</sup>  
or one bottle

Cup - Sherry or Madeira - 4 or 5  
Jury One 80 Brandy One Gill. Two lemons  
peel them & cut them mix them  
Then add grated nutmeg and ginger to  
make them palatable. Then throw a bun  
biscuit into it - Drink them.



Bees not apt to induce stone - Cyprian  
an eminent stone cutter found no such patients  
Business servants not subject to it.

Mead Squalidum - how made? the 1<sup>st</sup>  
honey 1 part water 6 w brown herbs - the 2<sup>nd</sup>  
honey 1 & water 2 D?

Gin & Whiskey most Diuretic.  
Apple water - Dried Apples too  
Liquids should be about 2 to one. 2 parts  
of the former Artif<sup>e</sup> - One part water. more  
between meals -

Meals, ~~the~~ hour of sleep & stool <sup>should</sup> be regular?  
nature expels them - ~~apart~~ destroyed by  
neglecting <sup>in</sup> it.

meat digested in liquor in the following order  
1 water, 2 malt liquor. 3 white wines &

Claret -  
Aid <sup>fruit</sup> ~~fruit~~ - rendered less fermentable by baking.  
by milk & cream - by sugar & old wine.

Nuts open lungs - Dr Hoffman says



gelly - and sugar - and dried gelat. of calves feet & pig's.

~~Butter~~  
Lycopodium most common when they abound  
most.

Roasted meat most nourishing.

Wether mutton 20<sup>5</sup> years old best  
roasted best, - fat harder  
of digestion than other fat of other meats. Can  
best. -

Poultry best a year old - not cured up which  
confines & fat to spots - when run about is diff?

Fish best fresh - hot - less to be eaten than  
of meat [no] not after other food - require  
C. Condiments having little stimulus - Less oil  
the more digestible - as whiting flourishes &c  
Butter [least] makes it less digestible - but is  
called for by instinct - fish & milk never together.  
Sea fish nearer to flesh than fresh water fish.  
Best to boil fish - not boil - then fry them.

C. Butter excellent - assists natural ferment? useful  
with fish & vegetables retards digestion, but to  
make it more perfect.

Eggs - most nourishing & soluble when raw -  
Good lightly done - good easiest of digestion.

They are mixed

as sugar - butter - cream - passages &c



Wild animals obtain <sup>2</sup> food most ably.

All meats good only in <sup>2</sup> season - 29 pork  
not good in summer - best time of using  
them is when <sup>2</sup> natural food is most plenty.

Meat long kept more digestible, but less  
nourishing than the reverse -

The same animals differ in <sup>1</sup> what <sup>2</sup> & nourishment  
from age - manner of feeding - fat or lean &  
<sup>time &</sup> manner of being killed. Young most diff<sup>r</sup> of  
tol: least abatement. Wallace says the follo:  
foods pass off the stomach in the follo:  
meat 11<sup>h</sup> - bread in 4 hours - <sup>some</sup> fish in 5 some  
meats in 6 or 7 Beef in 8 - are though <sup>2</sup> meat  
but not nourish<sup>2</sup>.

very useful to fill stomach - Animals <sup>created</sup> for man  
14,700 pigeons from one pair & 1, 274, 840 of  
Rabbits from one p<sup>r</sup> in 4 years - both intended  
for man's use. Animals exist when ref<sup>d</sup> want  
grow. In 8 days a man who lived only on pa-  
-kies discov<sup>d</sup> signs of prostration - Sir E.D. Barry.



or by fire

Self: preserved by <sup>or by fire</sup> frying in <sup>oil</sup> - salted pickling  
Butter - lard - ice & charcoal. Salt only for

Cabbage - mushrooms & olives -

Animal food preserved - by salting - the sooner the  
better after animal is killed - Adversus thus preserved  
this meat - is excellent. best for lat? & in hot  
weather - 2 pickling - powder or cooking - by

lyon - flour - &c - charcoal -

Cooking - raw flesh - good: great strength - security  
is best by roasting - boiling - stewing - broiling - frying -  
baking - Digesting - Coal fires best for roasting. is  
most nourishing - meat - Chickens &c better  
roast than boiled - less viscid - Beef & mutton best  
boiled -

best for children.

Bread unless assisted by digestion. mixed flour

good - wheat & rye assist each other - the one

too binding - the latter too opening. a woman said  
he grew weak when he lived on hard bread his diet most likely  
1/3 animal = 1/3 veg & 1/3 bread - a proper  
meal.

Potatoes best; half boiled - then roasted - or  
first scraped - then boiled in <sup>with</sup> a little less water  
than covers them - then turn out & well dried  
by the fire to evaporate water.



Comments

Convincing

(Water) When alone drunk - requires <sup>time</sup> long as  
much <sup>the</sup> water to prevent injury.

[Aids used in fish & young animals upon  
 by visibility - see also flatulence - hence useful

Cin. Toledo -

in salads -  
Layenne the most thick: and Cassimur - thin  
most transient. Ginger useful  
in bread & butter

most transient. Ginger  
Cinnamon, ginger salt used on bread & butter

in Germany. — Quantity

in Germany. — Quantity  
 from 6 to 8 and for labourers, one third  
 at 20.

Proven to be one gas  
Solid at  $2/3$  liquid end. Mils at 20.

Solid & 2/3 - agree with  
Abstinence - once a week by the rules - from

Thursday to Sat<sup>y</sup> - a great ~~fun~~ <sup>fun</sup> in London - an

Thursday to Sat. - a great success  
all on Sunday. Dr. Green: - lived a week on bread & co  
total - but after a

ess on Sunday. I drank: but after a  
of water only. — Dangerous to eat — but after a  
of water only. — Dangerous to eat — but after a

of water only. — Dangerous when  
full meal. Am Elliot lived 8 days on fire of rice

full meal. Am Elliot now 4 days & nights  
Daily page of Gibb's Lib. ... till then.

Daily page of Gibb Gibb?  
Exercise imp? After eating - no eating till 10<sup>h</sup>.  
After violent

Exercise imp? After what - no carrying out  
has imp? itself. not eat too soon after violent

has comp<sup>d</sup> itself. not eat too soon after  
exercise - Chew meat well or cut it - fore teeth

exercise - Chew meat well or cut it - food taken  
inward by biting - Lymphatic system takes up



Perhaps from mouth when most <sup>is</sup> good  
Gentle perhaps best - but <sup>is</sup> light food - never  
sore - the body in ballast - not over loaded  
than young persons require most food -  
what a man loves, often does him most good.

The Muhamidans who live on a little meat  
more long lived, than the Gentos.

Port the most nutritious meat.

Saltmeat is nutritious.

Gelatine for Cream - White Sugar 3/4 <sup>is</sup> dissolved in  
a little water - then boiled 2 minutes.

Condiments serve 4 purposes  
increase taste - 2 Flavour 3 Stimulate & Stomach,  
& thus increase, and also 4 retard for digestion



Agile labor - exert. helpful to weakly people -  
in America only. Exercise - see Lakeman's Gymnastics  
for youth.

Voluntary labor - on any parish from schools  
- men's disease. Change of air most necessary in  
work shops.

To preserve health. Tennis - Cricket - Golf - Shinty -  
Swimming - Rowing - Angling - Hunt & Gardening  
Agriculture.

A man leaped over 9 horses in Yorkshire & a  
man seated on  $\frac{1}{2}$  middle horse.

Swimming highly useful to breast.

To restore health. Walking - riding - Jostling -  
Fencing - Bowling - billiards - Shuttlecock - Drumbells  
Jussile balls - Cradle - Living - & Loud reading or  
Speaking - friction - Shot? Galvanism.

In Riding - horses should be resp'd with belt.

Sailing - constant others most useful - pure  
agitation of winds.  
Air - Lungs - circulation - requires muscular

action as in walking -

Speaking - hence women require less exercise  
than men, hence more attractive. hence mechanics

who sit at work suffer less from sitting.  
hence Schoolmaster & literary men often long tired,  
from exercise hours.



Friction in the hand. Chambring. Why not  
carry ~~horses~~ men as well as horses. in front of  
That men made lean, & have fat by it. Galen.  
Oil added - it restrains perspiration - guards against cold  
moisture - useful in dropsies - Friction renders  
flannel less useful - prevents sore throat in his  
thin skin - useful to organs of speech - to gums  
Exercise should be mild to disease. For humors -  
ringing - & pumping. Those parts have been in rest  
be exercised least - should be in open air - & -  
old men die after 60 from being too soon independent.

### Preservation of Eyes - ears & teeth.

Chinking Caddis of them - Why? But most  
fatiguing - Indian practice of carrying logs when  
tired why? - for old people - the more exercise  
Baths - red hot - in Baths -  
the more nourishing diet.

Warm & cold Baths - Washing feet.  
Dress - two shifts better than two great  
Coats or Blankets.

A Breakfast - some solid food -  
minature Discards.



Sleep - see Phys: Lectures

- 12<sup>th</sup> is out curtains - low bedstead - remote  
from a wall - window - cultivate sleep - says  
Lord Mansfield - one time best for it why?

Opium - Convent. Fat & Em. t.  
to be carried about with debility  
to be avoided.

Old men - Chocolate or Sweet Wines,  
Sops - fish - milk - Oplon - tea & coffee  
many above 80 - see p. 457 - of course  
Chutney & Water only.

Chutney - with <sup>water</sup> vegetables -  
little meat - not much seasoned - eat  
often - no drink. found for old age now tried.  
middle life

in old age - Wine sparingly - mult liquors  
quantity - to be much attended to - nature  
old age Cordial food Jacob - in old age.



all not relative - libson name of  
his case not to allow by it -  
2. London 1800 1800 1800 1800

Labourers - hard eggs - Dried &

brushed meat - onions - su. & eggs & a  
sauce of su. & eggs & a

Pork most nourishing of meats - Saturated w:  
 - fresh. Good show of reaction - strong - let me feel the  
 - 12 cups of oil to Rice. slow of

ch. Good flow of mercury  
Chinese add much Castor oil to Rice. Show of  
last 30, rain on the <sup>the</sup> <sup>me</sup> <sup>of</sup> <sup>is</sup> <sup>cast</sup>

[illegible]

Labon had

Exercise Dictating:

thinner-fabrics

how is it?

of 1900

Ben. Th.

when not on  
cavalry - but

Scientist

for Union

5

~~to the~~  
~~who are~~

1000.

22/2/20

with ~~the~~

3

100

10/25

1891

...

253

...

— A  
le

1840

8. 1. 1.

1200

1

but very much. Soft eggs - drops

East of Pools ~~apud~~: East of Bayle -

Russen - Beer wird 'budd'

+ In all 3 - Claim of Dist. by non  
wishing food

Seasons, Soups, Salt meat, Salads &c.

acid & aromatic Cond. When Irish-Indian  
mushrooms are cut best. - Catobolis. fish -

acid & aromatic water. -  
 machine & cut best. - Catholus. fish -

Stinginess - should be overcome

May be -



Gen Observ:<sup>25</sup>

Gravities - Gravities - times - no general  
rule ~~but~~ without except: - ~~but~~ - no man  
in perfect health - predispos<sup>26</sup>

On habits <sup>you</sup> to be avoided -

v



## On Bathing

The <sup>advantages</sup> ~~utility~~ of bathing as the means of preserving health has been much opened by its use ~~has~~ for this purpose, being confounded with its use as a means of preparing the body for the hardships of war, or as a remedy for certain diseases.

As a preventive of disease, it acts in two ways by promoting cleanliness, and rendering the body less sensible of heat and cold, by imparting to it the highest grade of tone and health.

~~It~~ <sup>It</sup> has been divided into <sup>hot</sup> warm-temperid, - temperate, - and cold.

The temperid bath <sup>in</sup> which the water is at 96° or the heat of the human body - the temperate in which the water is between 86° and the cold in which it is between 56° and 62°.







32 are the ~~only kinds of~~ temperatures at which water is chiefly used as the means of promoting cleanliness & health. Notwithstanding the distance of the ~~temperature~~ ~~opposite to the~~ ~~temperature~~ ~~in its degree it produces~~ ~~the same~~ ~~effects~~ ~~upon~~ ~~the~~ ~~body~~ ~~as~~ ~~the~~ ~~water~~ ~~at~~ ~~90~~ ~~is~~ ~~preferable~~ ~~to~~ ~~that~~ ~~below~~ ~~it~~ ~~chiefly~~ ~~for~~ ~~the~~ ~~purpose~~ ~~of~~ ~~cleanliness~~.

The following rules should be attended to in using the ~~topical~~ Baths of all three different temperatures.

1 They should never be used after eating a full meal.

2 The Cold Bath should never be used while the body is covered with sweat, more especially if it be accompanied with fatigue. However ~~safe~~ <sup>useful</sup> Cold water may be when thrown over a horse ~~when~~ ~~for~~ ~~it~~ ~~is~~ ~~an~~ ~~unsafe~~ ~~application~~ ~~to~~







~~the body of a lion~~ or plunged into  
by an Indian while their bodies are  
wet with sweat, it is an unsafe  
application in that state of the <sup>skin</sup> ~~body~~  
to the body of civilized men.

3 The <sup>cold</sup> Shower Bath produces a more  
powerful effect upon the body than  
the plunging bath. Throwing a few  
buckets ~~over the~~ of cold water upon  
the body placed in a tub, or <sup>in</sup> half a  
tubhead, is a good substitute for the  
shower bath.

4 ~~The tepid Bath~~ Both the cold & tepid  
Baths may be used in the morning, or  
at noon, or in the evening, but it  
will generally be most convenient to  
use the former in the morning and







Weather

the latter in the evening. - In very warm  
~~they may both be used in the same~~  
4 day. Exercise will be useful After the

Cold Bath especially if a chilliness suc-  
-ceeds it. To prevent this Chilliness the

temperature of the water should be  
~~to the temperature, or varied to the~~  
increased ~~or reduced, the latter by~~

~~compressing the body over~~ Cold degree.

The latter by its greater ~~power~~ com-  
-pression of the body <sup>sometimes</sup> produces a greater  
reaction, ~~of and thus~~ than the tem-

-perate degrees of Cold, and thus obviates

Chilliness After the use of the bath.

70 ~~Soaps~~ It will be unsafe to remain  
longer than from 15 to 30 minutes  
in the tepid bath. ~~unless the~~







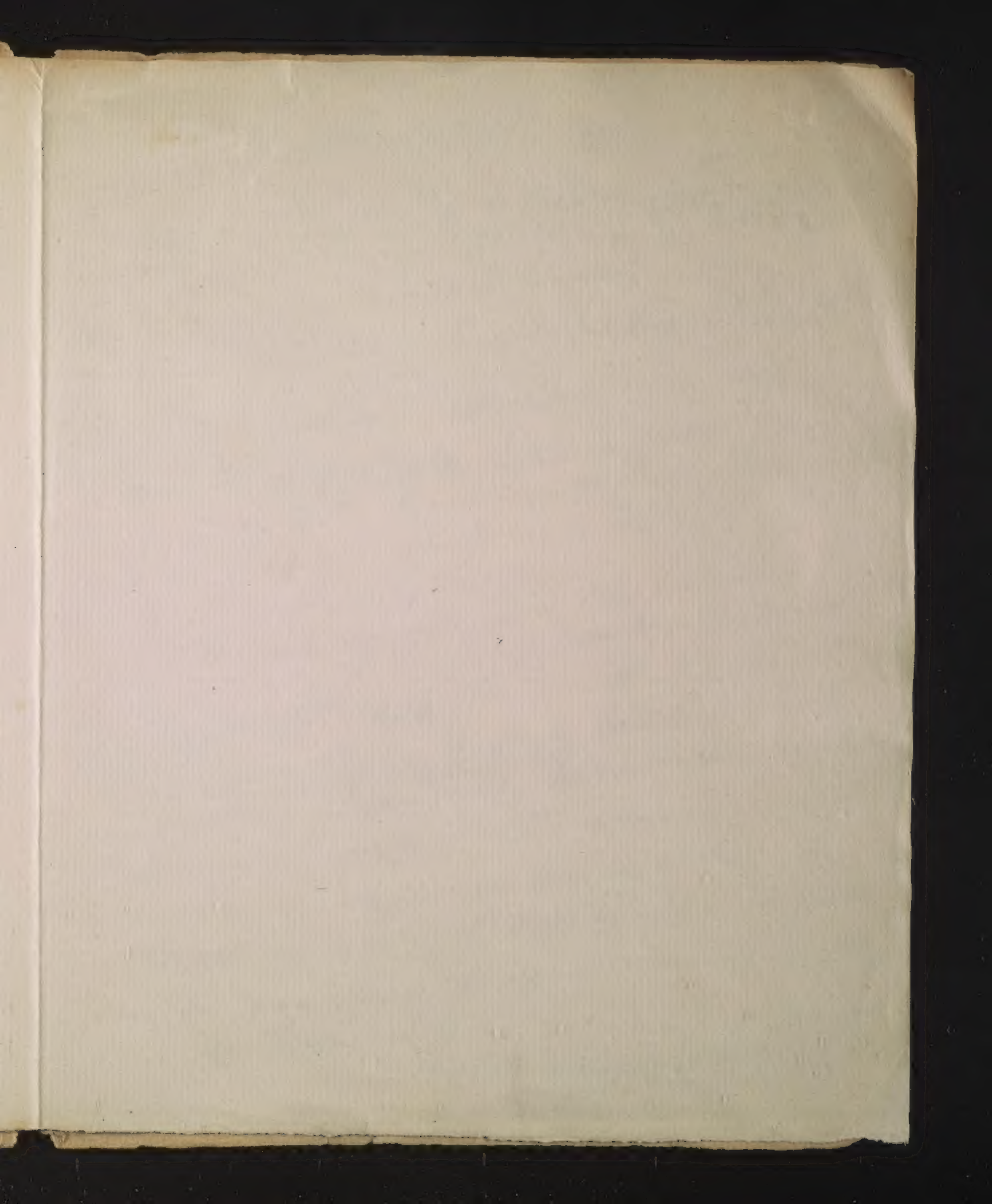
Soap should be employed <sup>in washing</sup> ~~in cleaning~~  
the hands and feet, also  
~~the perspiration~~ those parts of the  
body in which the perspiration is  
most apt to ~~be~~ accumulate, and  
become offensive.

If the head should be protected by  
means of a bladder or oiled cloth  
cap, so that the every part of it may  
be wetted by the water

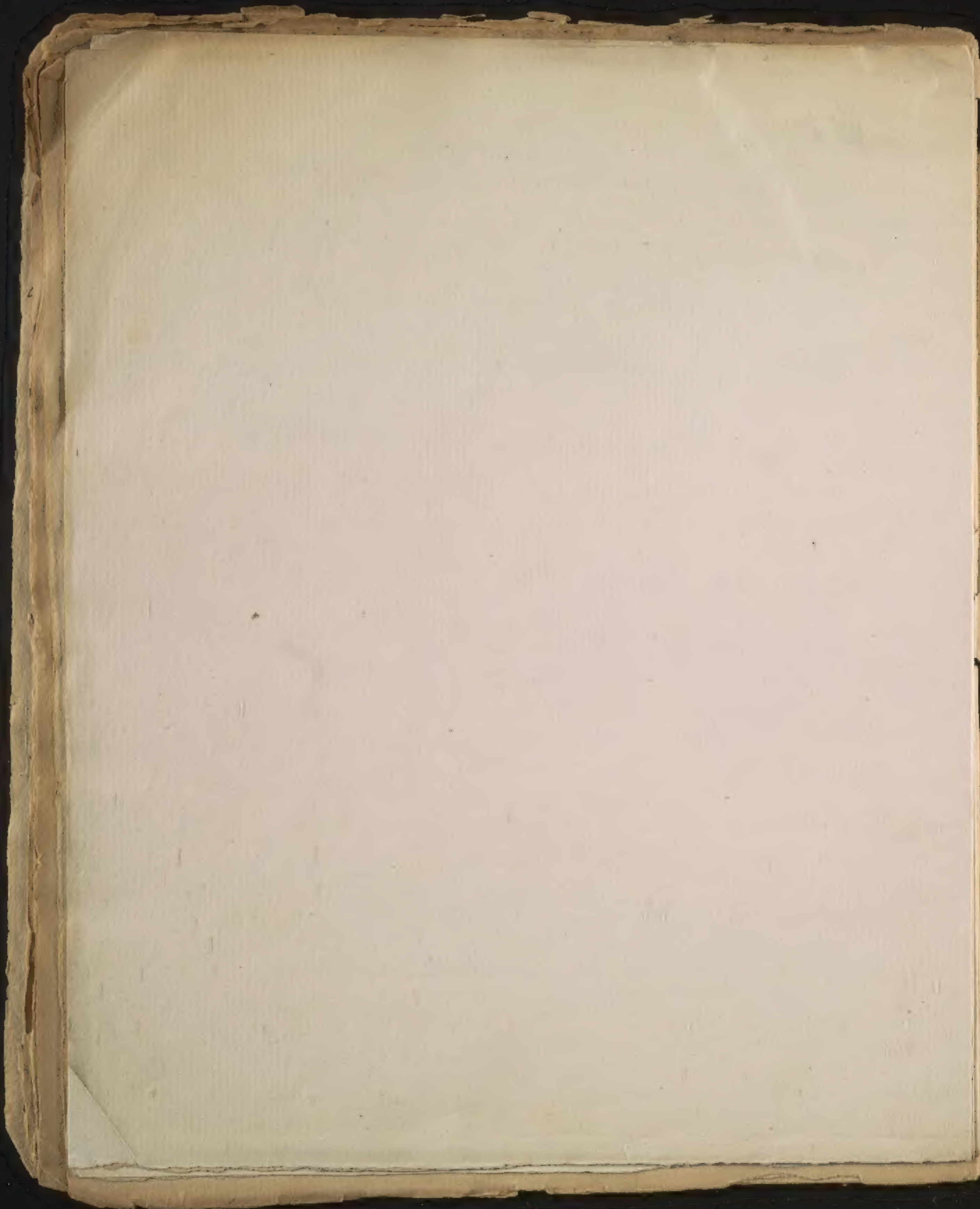














Extracts from Cogan.

Emotion - the reaction of passion. ~~no more~~  
Annoyance is fear in camp - & surprise - wonder - ~~astonishment~~  
Affection - more durable may be both unpleasant  
Durable temper -

Affection - more than is transfer -  
 Aphasant. when I unable transfer -  
 Primitive papers - love & hatred Dr. Watts  
 in the intricacy -

Primitive passions -  
Surprise - hidden - Wonder indicating -  
 + tendency of stimulate

surprise - modesty  
 - Astorist - Gratitude of Stimulate  
 knowledge of Cold - Ignorance & knowledge - alike  
 excite to action. - the former from fear - the latter  
 from the values of vanity - the mind -

Excite to action.  
 Se like Stimulus of Vanity -  
 Astonishment - in members of the mind.  
 Content - in comps of Wonders & Strife.  
 Content - in comps of Wonders & Strife.

Astonishment - <sup>in</sup> surprise  
Amusement - <sup>in</sup> merriment  
<sup>of</sup> Joy - gladness - Cheerfulness - Mirth - Contentment  
Satisfaction is higher grade of contentment.  
is presentment satisfaction -  
better felt - Approximation includes  
inverted

Complacency is personifying the self - W.P.  
exultancy - pride - Vanity unreasoning inverted  
estimate of things of it.

exultancy - pride -  
complacency - illegitimate offspring of it.  
Haughtiness an overt act of pride - is pride  
some one claims equality

in an emotion - Arrogance claims equality

or ~~less~~ Superiority -

or ~~less~~ <sup>superiorly</sup>  
Wish - inactive - Desire ~~prompt~~ to action - ✓



Thus far for healthy people, but what are  
the Predispositions. —

1. Lungs — how to live
2. Nerves — how? how warmed
- ~~lystic~~  
Lungs: 24 land? — how warmed —
- Aliment: —
- hepatic
- Intestines — how to live?

~~I know~~ This caution I know will be objected  
to by persons who are in the practice of sleeping with  
windows open in cool, and even cold weather <sup>the</sup> without injury.  
reason weather. But let them remember that there is  
less danger in doing so in the winter than at those  
times when in the summer months. The <sup>greater</sup> heat,  
the more the system suffers by a small  
<sup>diminution of it.</sup> ~~Decrease of the~~ in the ~~the~~ chest. This is the so-called  
known by sad experience in the last chest disease in  
Egypt, where more diseases are induced by the night air  
than in all the north. <sup>They have</sup> ~~It is by~~ <sup>of Europe</sup> ~~the~~ <sup>in the</sup>  
understand. <sup>They have</sup> ~~It is by~~ <sup>of Europe</sup> ~~the~~ <sup>in the</sup>  
from the